



FOR IMMEDIATE RELEASE

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Founder of The Wellness Kitchen Retires Introducing the New Executive Director

Fulfilling a desire and passion to educate those faced with health challenges about the benefits of a healthy and organic approach to cooking, recovery, and life, **Therapeutic Chef, Nancy Walker founded The Wellness Kitchen (TWK) in 2010** in the historical Manse on Templeton Park. Walker offered education and food with a healthy twist and a bigger mission than just filling one's hunger.

"It became quickly evident that there were many people who needed nutritious meals and mineral rich broths who did not have the financial or caregiver support to prepare them for themselves," Walker said.

As a result, Walker **converted the business to The Wellness Kitchen and Resource Center, a non-profit 501(c)3 in August 2011**; and in 2012, TWK relocated to its current, larger location at 1255 Las Tablas Rd. in Templeton.

The Wellness Kitchen and Resource Center's mission is to **provide our San Luis Obispo county community with the most delicious and nutritious foods possible**, but also give back through culinary instruction, nutrition education, and support groups. TWK hosts cooking classes with in-house chefs, as well as a variety of healing lectures and demonstrations led by health professionals, guest chefs, nutrition educators, organic ranchers and farmers. TWK provides weekly, pre-ordered meals for pickup at its Templeton location, and delivers to Idlers in San Luis Obispo, Cambria Connections in Cambria, and home delivery service to homebound patrons.

"Earlier this year, I met with our Board of Directors and shared that it was time to take The Wellness Kitchen to the next level," Walker said. *"Although retiring as executive director, I will still act as visionary for the organization. My plan is to return to my initial passion as a Therapeutic Chef and start a new Diabetes/Weight Management/Heart Health educational and cooking program."*

TWK is proud to welcome Gina Grieb as the new Executive Director. Grieb brings over 15 years of experience in management, communications, and fundraising in the health care and wellness industries. This new position was made possible, in part, by a generous gift from the Dusi family and J. Dusi Wines.

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